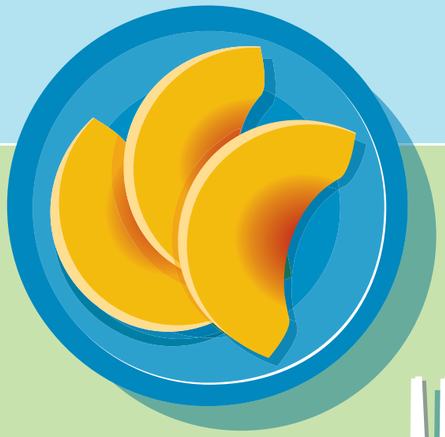
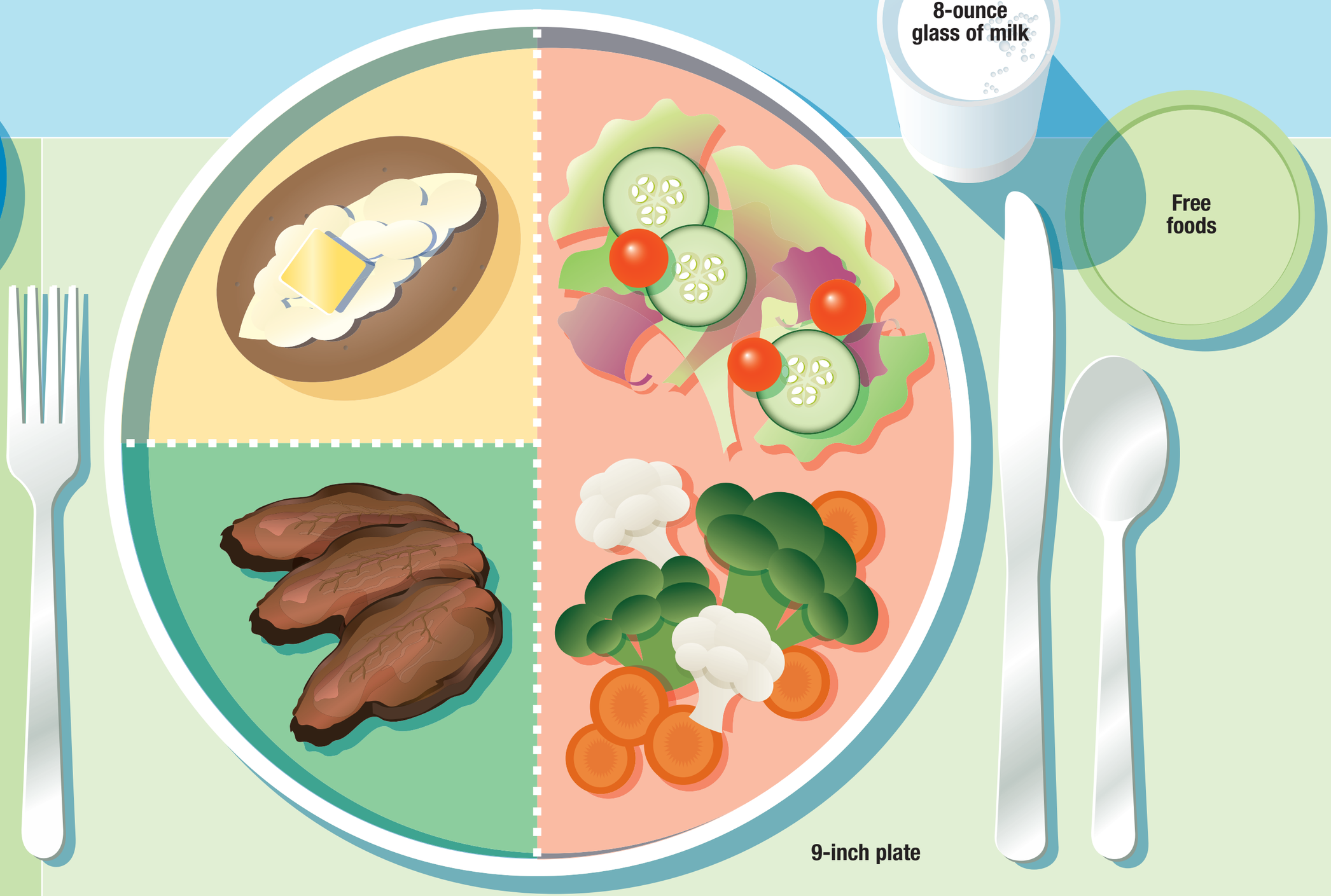
My Plate Planner





Please refer to methods of use, meal planning guidelines, and portion tips on the back of this plate planner.

Diabetes Educators,

This visual aid to guide your patients in meal planning is compliments of Prescription Solutions® diabetes testing supplies. We understand that meal planning is a powerful tool for your patients in managing diabetes. As a result, we hope you will find this tool easy to use for all patients.

— Prescription Solutions Customer Care Team

My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

For breakfast, use only half the plate.

For lunch and dinner, use the whole plate.

Meal Planning Guidelines

Carbohydrates

Choose any 3 servings at each meal.*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly. Examples of one serving of carbohydrates:

Breads and starches
- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

Fruits
- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

Milk
- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

Meats and Proteins

Choose 1-3 servings per meal.*

Examples of one serving:
- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

Fats

Choose 1–2 servings per meal.*

Examples of one serving:
- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

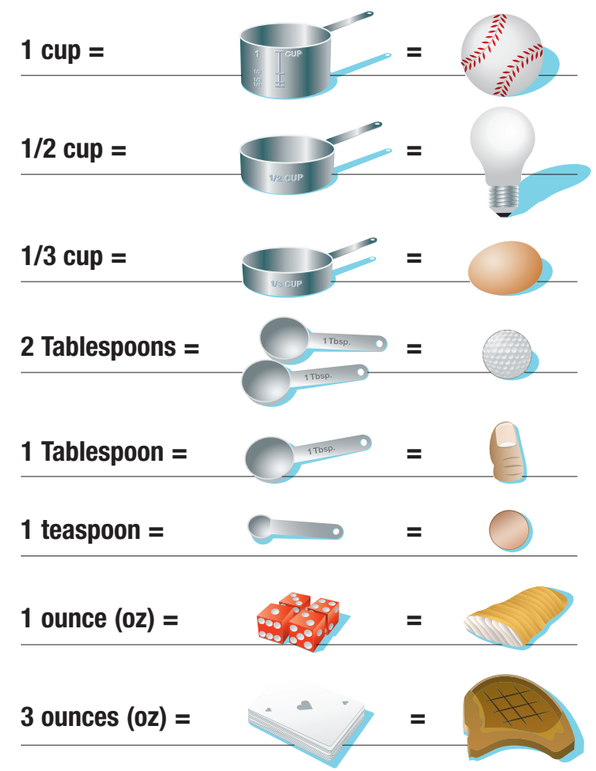
Free Foods

Foods with less than 20 calories per serving.

Use as desired:*
- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

*Note: If you have a personalized meal plan, the number of servings you choose may be different.

Visual Tips for Portion Sizes



How to order from Prescription Solutions

Prescription Solutions diabetes testing supply services works to simplify healthcare complexities, promote affordability, and encourages patient well-being. Patients who use Prescription Solutions mail service for their diabetes supplies will initially receive a 90-day supply of the self-monitoring products they need, and then quarterly supply refills. They will also receive self-management support via quarterly newsletters, educational tools and timely reorder reminder calls to help them be sure to have the supplies they need on hand.

Healthcare Professionals: Call **1-800-635-2288** for patient supply orders or brochures.
Medicare Part B and Medicare Advantage customers: Call **1-877-231-5199** and mention reference code **ED06500** to order supplies.
Website: www.PrescriptionSolutions.com/diabetes for brochures, supply orders and information.

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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